



FAMILIESTM
FLOURISH
*Empowering Change
for Generations*



**FAMILIES FLOURISH: TRIANGULATING
HOUSING, NEIGHBORHOOD AND LIFE
COACHING FOR HEALTH**

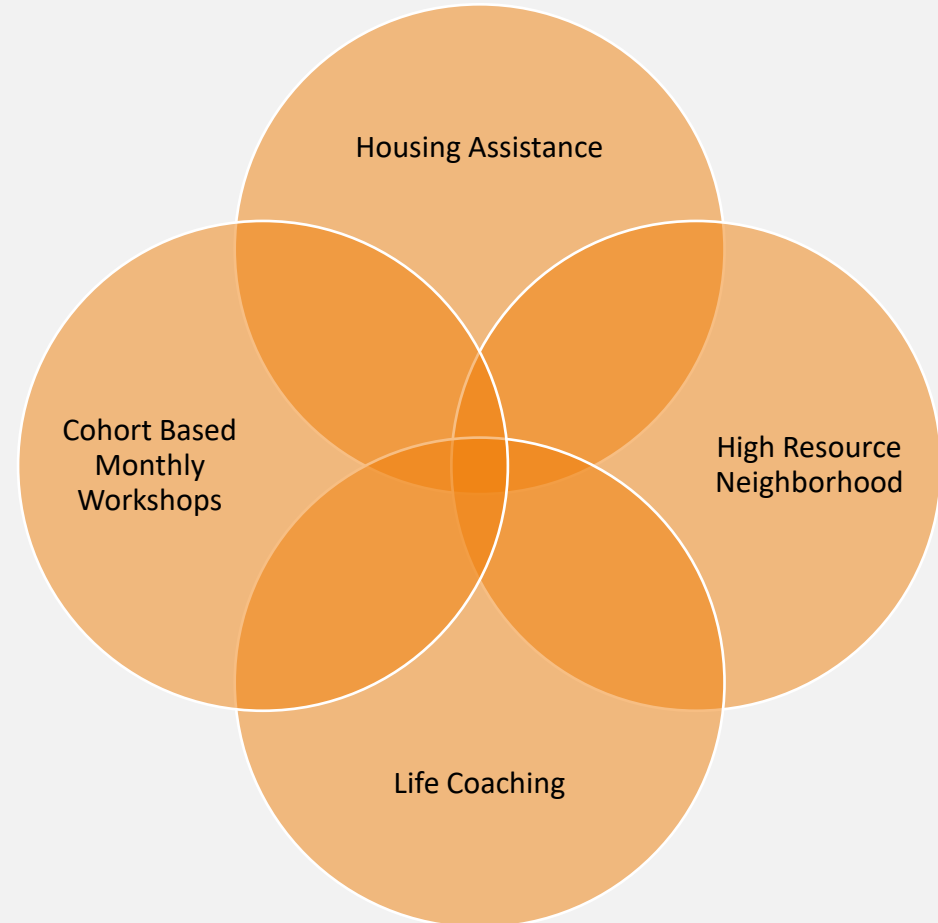
APRIL 18TH 2025

**JASON REECE, PHD, ASSOCIATE PROFESSOR AND
VICE PROVOST FOR URBAN RESEARCH &
COMMUNITY ENGAGEMENT, THE OHIO STATE
UNIVERSITY**

**OHIO HEALTHY HOMES NETWORK 2025 CONFERENCE
COLUMBUS, OH**

What is Families Flourish?

- A “short” term housing assistance program
 - 3 years of housing assistance
 - Approximately \$400 a month in assistance
- Integrates housing mobility element
 - Partnership with private sector landlords
 - Rental units in safe and higher resourced areas
- Multifaceted intervention
 - Housing assistance
 - Life coaching: housing stability; financial capability and stability; physical/mental health outcomes; and education/career goals
 - Group workshops
- No benefit cliff
 - Participants encouraged to grow their income
- Piloted for 4 years (with 10 families)
 - Conceptual theory of change emerging from pilot





MTP Pilot Families at First Anniversary Celebration

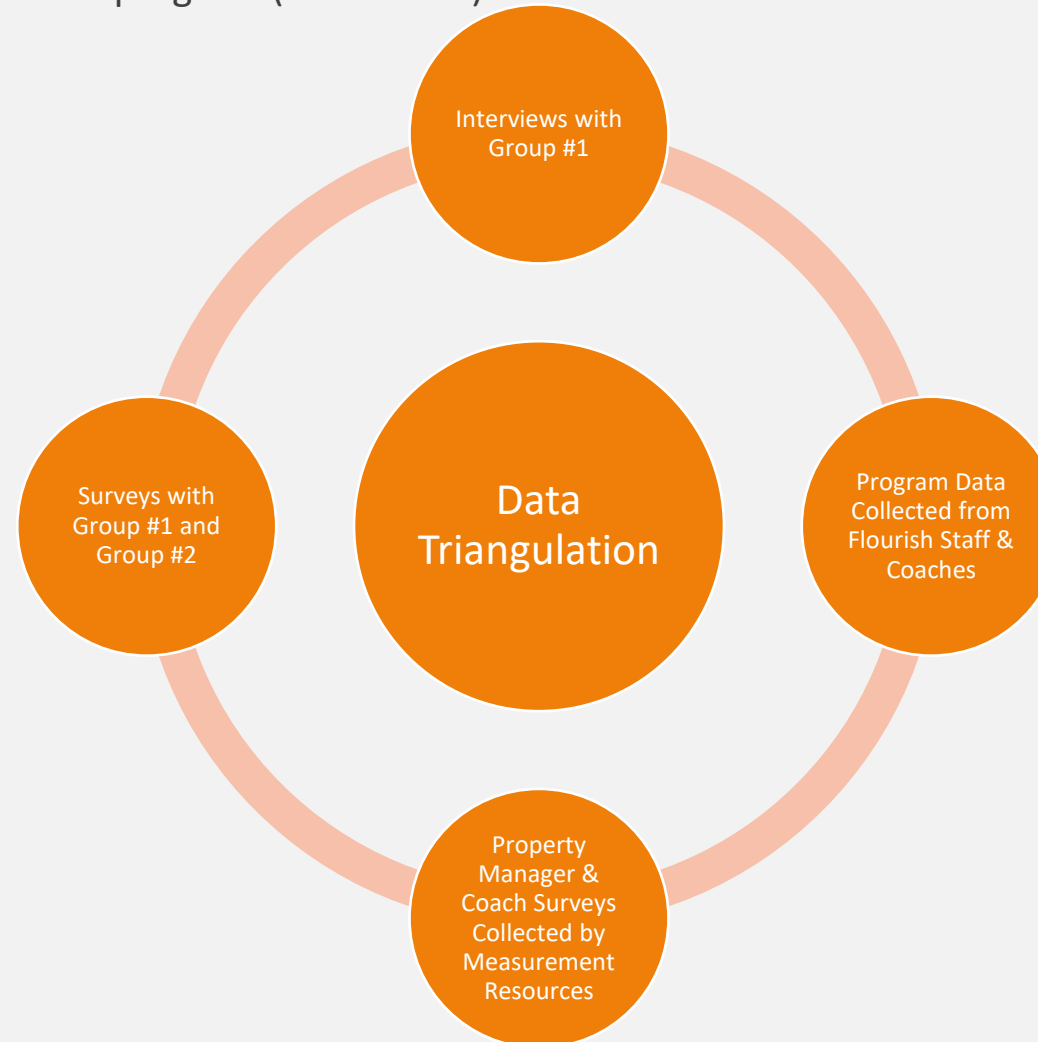
**KNOWLTON
SCHOOL**

<https://www.youtube.com/@familiesflourish>

ARCHITECTURE
LANDSCAPE ARCHITECTURE
CITY AND REGIONAL PLANNING

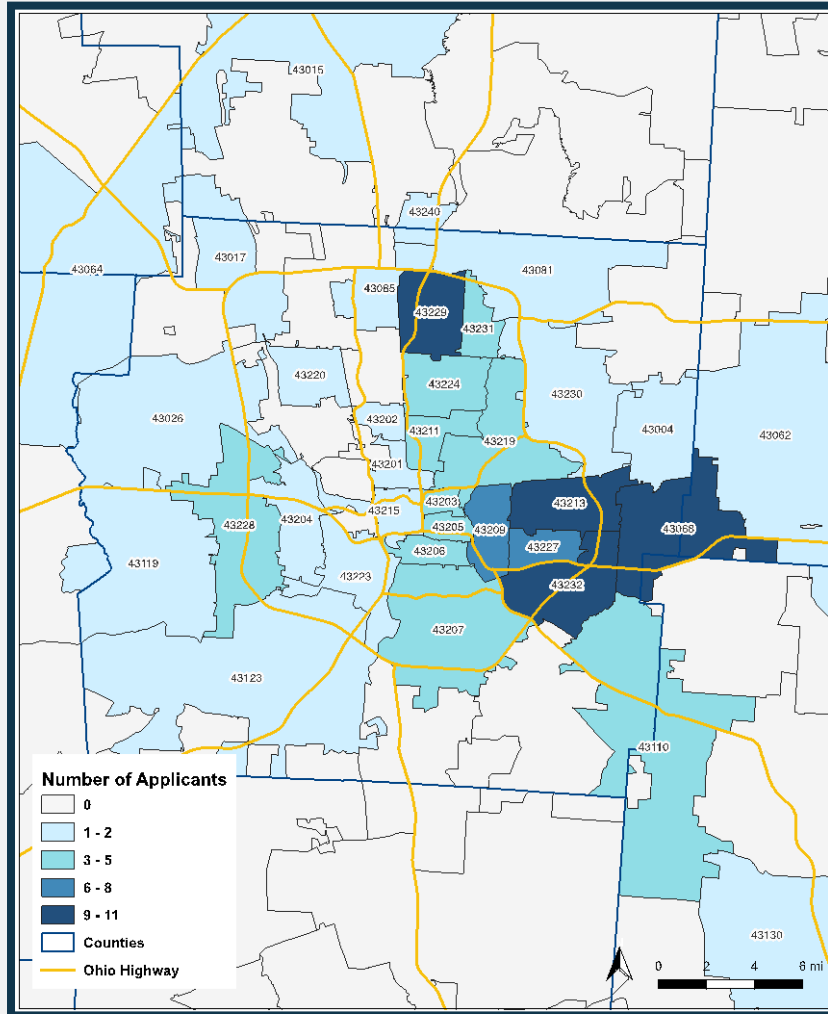
Our Evaluation Design: Data Triangulation

The Flourish program evaluation is conducted by triangulating multiple sources of data from program participants, program staff, coaches and property managers. These data sources are described below. Our interim evaluation report tracks outcomes at one year for both group 1 and group 2 in the Families Flourish program (30 families).



Applicant Profile: A Picture of Housing Need in Central Ohio

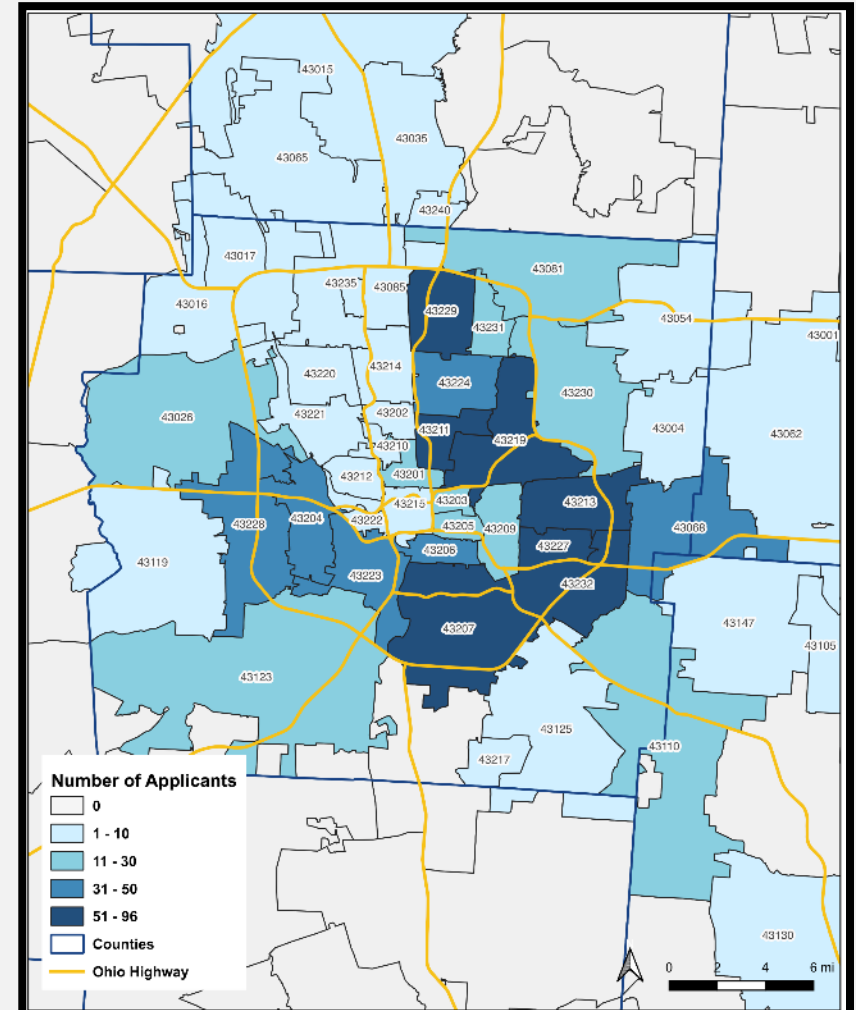
Group 1



- More than **1,500** applicants applied for the first three groups of Families Flourish participants. The largest concentration of applicants were located on the Far East Side, Far South Side and the Northland Area. Almost half of applicants had completed some post secondary education.
- Just under **30%** of applicants had previously had an eviction filing against them or their partner.
- At the time of application, just over **63%** of applicants were either homeless, doubled up with family and friends, couch surfing or living in shelters or motels/hotels.

Note. While the total number of applicants in Group 1 was 445, this map only includes 131 applicants who met the basic criteria of the program.

Groups 2 & 3

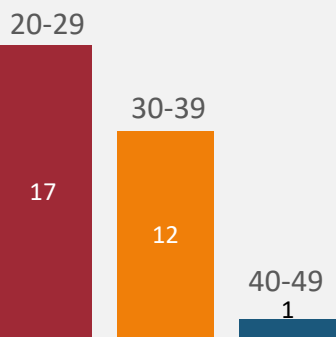


Note. The total number of applicants in Groups 2 and 3 was 1,107. However, this map only captures applicants in Franklin County.

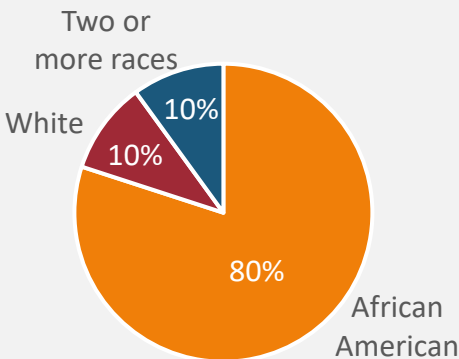
Our Families (Groups 1 & 2)

The charts below provide a few key demographics about the 30 participant families. All ages and grades are based on program entry. The average annual income for Family Flourish participant households is \$34K, approximately ¾'s of households entered the program with credit scores below 580. Almost half of the families in the program were homeless or not in a space of their own (either doubled up or renting a room).

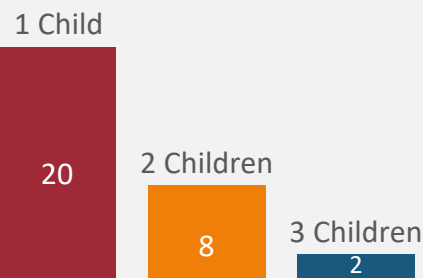
Age of Head of Household



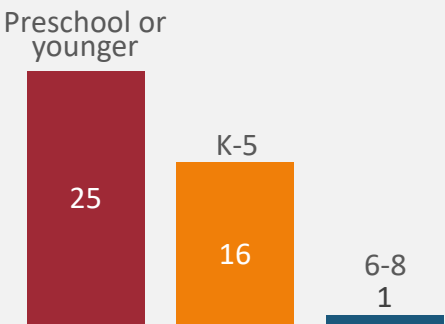
Race



Number of Children Per Household



Number of Children in School



Motivation for Joining Program

Seeking a better life and future

"I want better for my children and myself."

"To build a better life for me and my daughter"

"The opportunities it allows and resources it offers. I feel like this program will teach and help me out a lot and allow me to provide a great life for my son and I."

– Participant Responses

Seeking a better environment

"I wanted to change my living situation and be able to afford to maintain it."

"The chance to grow and learn how to give my child a home in a good community."

"... giving my child a better environment to grow"

"A better environment"

– Participant Responses

Seeking financial stability

"To help me stable my life and get my credit together"

"I believe it will teach me how to budget and become more organized."

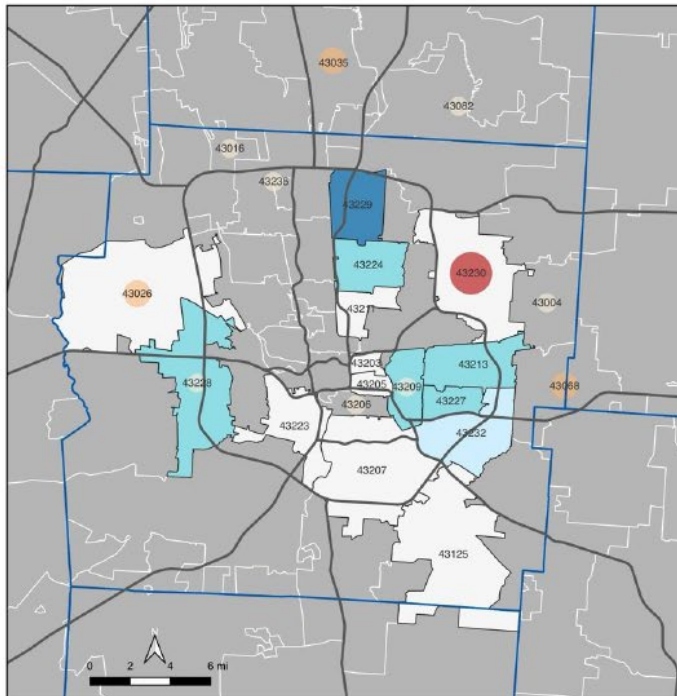
"To have people to help me through my journey of financial stability"

"Become financially stable..."

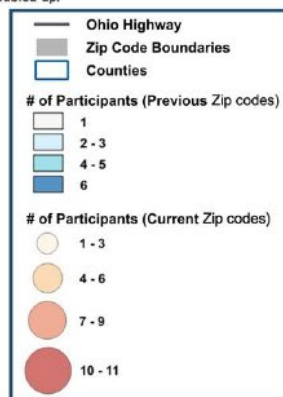
– Participant Responses

Where did families come from? Where did they move?

Previous and Current Zip Codes of Participants Who Were Not Homeless or Doubled Up (Groups 1-4)

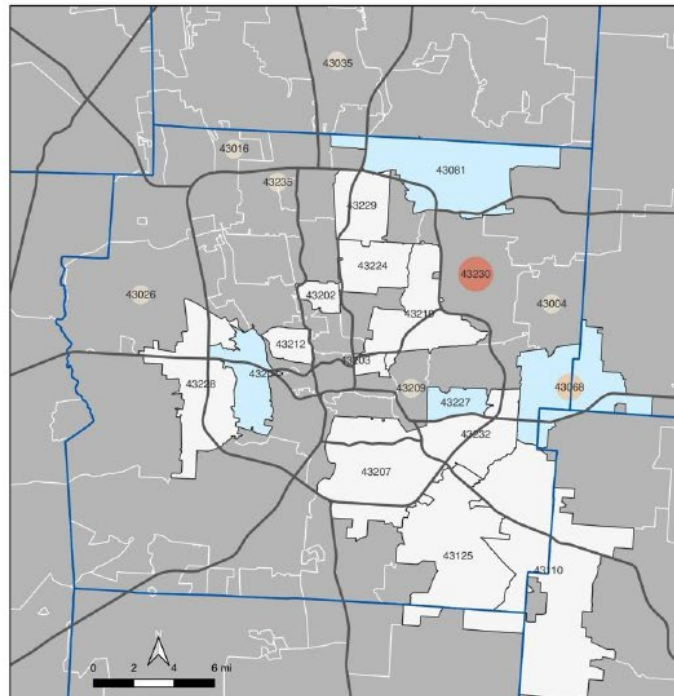


Note. The map does not show the previous and current zip codes of 26 households who were homeless or doubled-up.

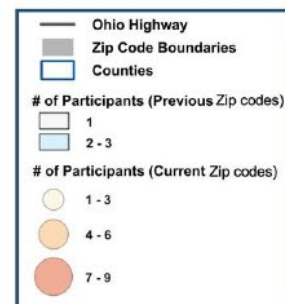


# of participants	Previous Zip codes
6	43229
4 - 5	43209, 43213, 43224, 43227, 43228
2 - 3	43232
1	43026, 43125, 43203, 43205, 43207, 43211, 43223, 43230
# of participants	Current Zip codes
10 - 11	43230
7 - 9	-
4 - 6	43026, 43035, 43068, 43004, 43016, 43082, 43206, 43209, 43228, 43235
1 - 3	

Previous and Current Zip Codes of Participants Who Were Homeless or Doubled Up (Groups 1-4)



Note. The map does not show the previous neighborhoods of four households due to their previous homelessness.



# of participants	Previous Zip codes
2 - 3	43068, 43081, 43204, 43227
1	43110, 43125, 43202, 43203, 43207, 43212, 43219, 43224, 43228, 43229, 43232
# of participants	Current Zip codes
7 - 9	43230
4 - 6	43068
1 - 3	43004, 43016, 43026, 43035, 43209, 43235

Outcomes at a Glance: Key Outcomes at 1 year (Groups 1 & 2)

Overview of primary findings from the first interim evaluation report.

Nighborhood & Housing

Most participants (23 out of 27) expressed a positive experience with their new housing. Similarly, most participants (24 out of 27) rated their current neighborhood as “Better” or “Much better” compared to their neighborhood prior to joining the program.

Financial Well-Being

The majority of participants (19 out of 27) indicated that their economic circumstances have improved. Fifteen out of 27 participants have seen their incomes rise. Sixteen have had positive job changes and nine have increased their credit scores.

Adult Health & Wellness

Since joining the Flourish program and relocating, over half of participants (14 out of 27) indicated their physical health has improved. The majority of participants (18 out of 27) have noted positive changes to their mental health.

Child Health & Development

Participants rated the program as “Helpful” or “Very helpful” for 26 out of 35 children. Participants generally indicated a positive transition into new schools and improved academic outcomes. Participants indicated that since enrolling in Flourish, 13 out of 35 children’s overall health improved either positively or very positively.

Relationships with Flourish Families & Neighbors

Most participants (21 out of 27) indicated positive or very positive interactions with property management staff and their neighbors. Additionally, the majority of participants (16 out of 27) developed positive relationships with the other Flourish families.

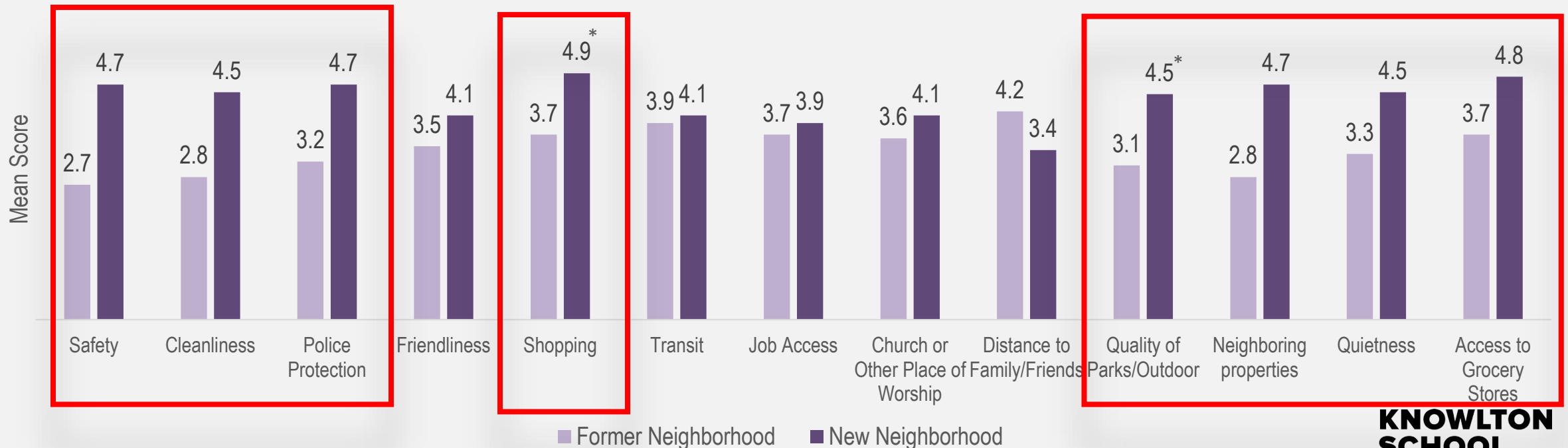
**KNOWLTON
SCHOOL**

ARCHITECTURE
LANDSCAPE ARCHITECTURE
CITY AND REGIONAL PLANNING

Neighborhood Satisfaction: Before and After Joining Program (Group 1)

Neighborhood satisfaction increased the most for neighborhood safety, cleanliness and the quality of nearby properties. Large improvements in the quality of park and outdoor space, police protection, shopping and grocery access.

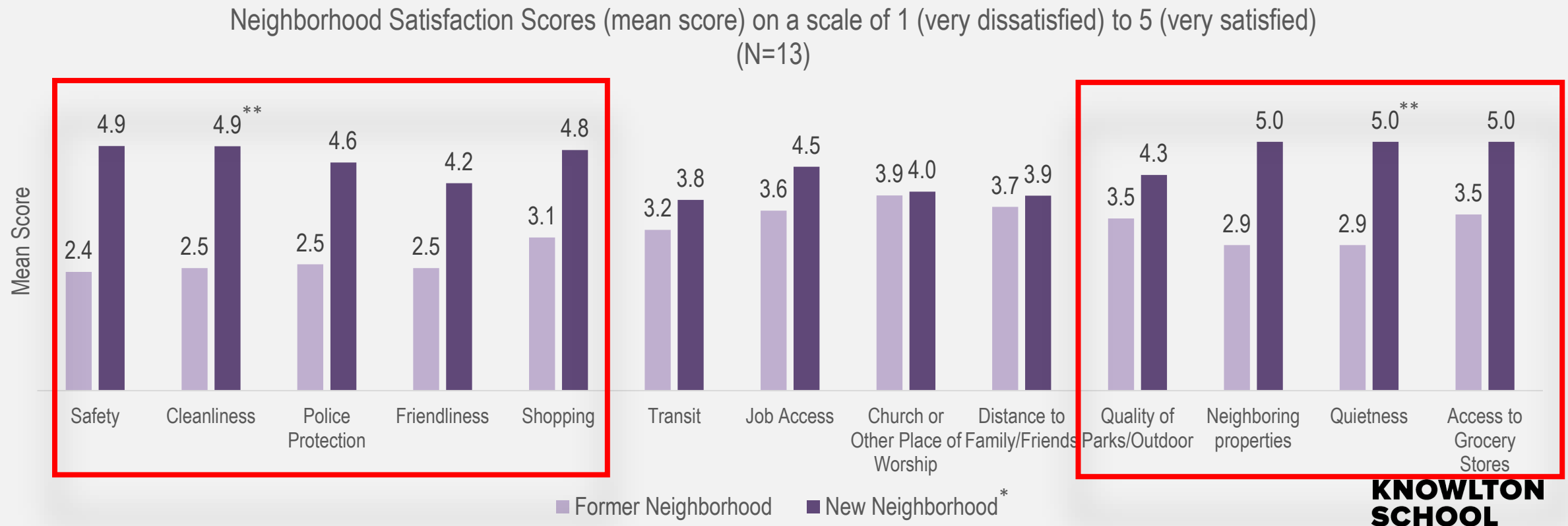
Neighborhood Satisfaction Scores (mean score) on a scale of 1 (very dissatisfied) to 5 (very satisfied)
(N=14)



*Two participants did not respond to this question, while all other questions have one missing response each.

Neighborhood Satisfaction: Before and After Joining Program (Group 2)

Group 2 had similar results in neighborhood satisfaction after joining the program.



* One participant did not respond to questions regarding new neighborhood.

** These two questions have two missing responses.

**KNOWLTON
SCHOOL**

ARCHITECTURE
LANDSCAPE ARCHITECTURE
CITY AND REGIONAL PLANNING

Participant Voices: Overall Satisfaction with Program

All interview participants expressed overall satisfaction with the program. Participants emphasized the support provided by the Flourish staff, the sense of community with other program families and the access to opportunities and services facilitated by the program.

Sense of Community

"I've had a great experience. They're very supportive, very informative. It just opened my eyes to a lot of things. And just to know other people go through similar things kind of helps."

"So it's like, we're all kind of like a community, and we're all on the same page kind of. So I had nothing but [a] good experience with them."

Access to Opportunities & Resources

"I wanted to, like, really embrace everything that I was having access to. Like, if I move into a better neighborhood, and I'm able to, like, have accessible quality education, I want to take advantage of that and I want to participate in that."

Support from Families Flourish Staff

"My experience has been really great. I love everyone that participates. Especially Jamie [Senior Program Director]. She's a phenomenal person. I really love her. She is, like, very nice. And there's been times where I haven't been able to do things on my own because of me still trying to get where I need to be. And she, you know, just helps me and always has some type of solution."

"It's actually been great. It's just you can tell that the people doing the work, like, want to be there and want to do it, you know. They want to help you."

"You know, we really appreciate them [Family Flourish staff] because they go for our best interest. So I really do appreciate them. They're real and I love it. I love it."

Participant Voices: Overall Satisfaction with Program

Multiple program participants identified the program as “life changing”, unique and helping to reduce the social stigma often associated with lower income working families.

Reducing Stigma

“The program reduces the stigma from being low income; recognizing that some low-income families are trying hard to improve their situation.”

“It's helped me out so much. It's been such a blessing for me...I know that some people want to say just cause your low income that people aren't wanting more or trying to do more.”

A Life Changing Experience

“It's been a lifesaver so, I'm just, I just feel really blessed to be a part of the program.”

“To get this opportunity and this chance to be able to, you know, be in, you know, just a better area, a better state of mind, like, you know, it's very amazing.”

“I pray that you guys are able to continue this because this is very important for people. And it really changed my life during a time where I was having difficulty trying to get on to my feet.”

“Families Flourish is checking all the boxes for what somebody needs to be the best version of themselves.”

Participant Voices: Interview Reflections

Neighborhood Satisfaction

In interviews, participants emphasized several themes related to neighborhood satisfaction. These included increased safety, access to highly resourced schools and access to other neighborhood services and amenities.

Access to Schools, Amenities & Services

“Schools, of course, are great. And we're near everything. So I'm able to access everything within a short distance.”

“So it's much cleaner, less police sirens, and everything is, like, right there, Like, everything is literally 5 minutes from my house. Like, every food place you could think of. Hospitals, like, libraries. Literally, everything is, like, by my house.”

Neighborhood Safety & Children

“...the safety and security that I have. I really do appreciate (it), you know, that sense of, security where I know my son and I will be okay.”

“Like, kids can literally be kids out here and you don't have to worry.”

“Oh, my gosh. My old neighborhood, I wouldn't even let my daughter go outside.”

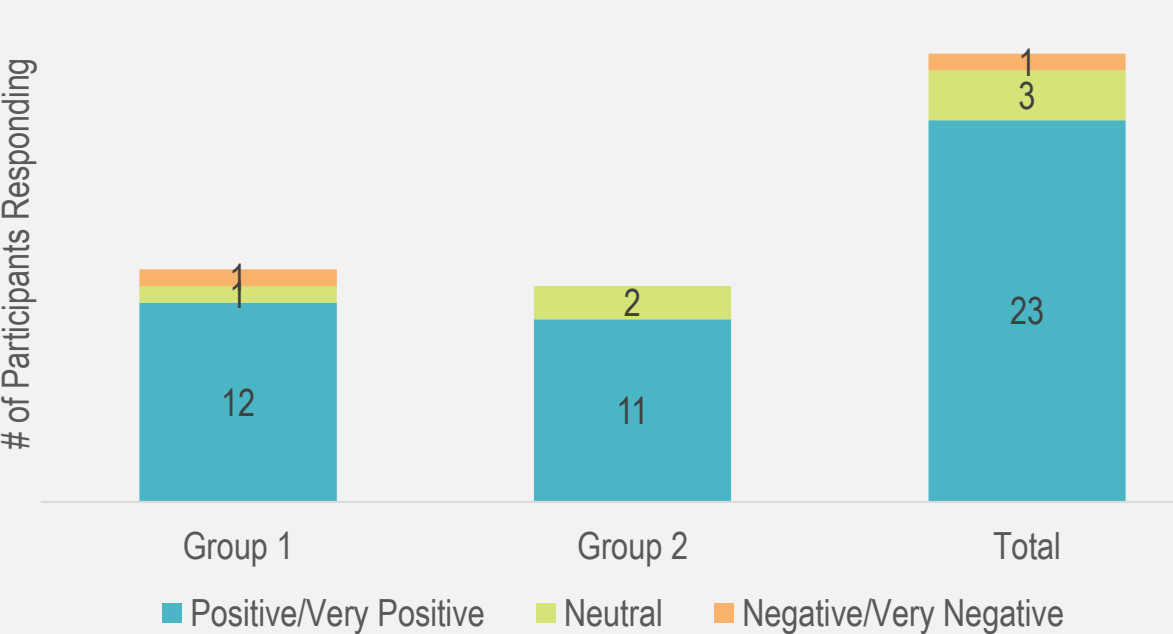
“So, my new neighborhood is only, like, 7 minutes from my old neighborhood. And it's a world apart.”

“I didn't think about, but I actually see policing in a different way living in this neighborhood. So, I definitely feel safer. I feel happier. Just the drive home is different, you know, I get to see more trees. I get to see more people happier. And it's just better overall.”

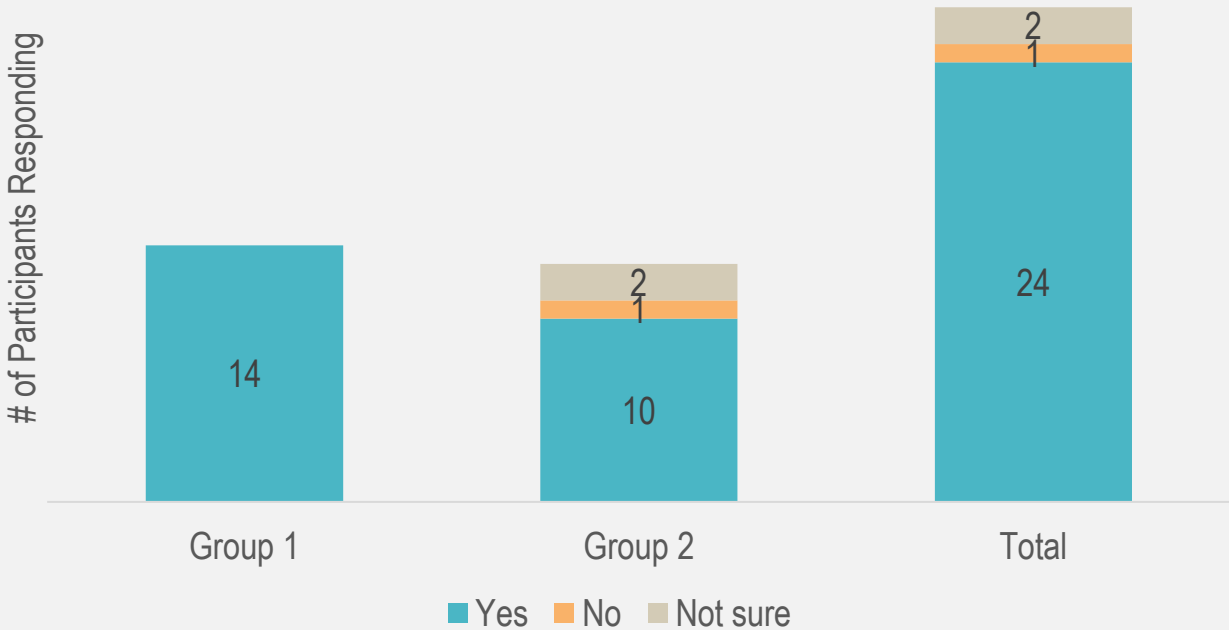
Impact of Coaching Program

Participants were generally satisfied with the Flourish coaching program. Most participants (23 out of 27) described the coaching program as “Positive” or “Very positive,” with 18 participants describing it as “Very positive.” One participant reported negative perceptions, while three reported neutral perceptions. Most participants (24 out of 27) indicated that Flourish helped them achieve their goals. Coaching activities focus on setting participants’ personal goals and developing plans to reach them. Participants’ goals span topics such as finance, career development, parenting, health, wellness, and education.

How would you describe your experience with the Flourish coach?
(Group 1 N=14; Group 2 N=13)



Has Flourish helped you achieve new goals?
(Group 1 N=14; Group 2 N=13)



Participant Voices: Interview Reflections

Coaching Satisfaction

In interviews, participants were generally very satisfied with the coaching program. Participants identified coaching as critical to the program's success. Coaches were seen as highly accessible and proactive. Participants identified the importance of being open and transparent with their coach, which has been a challenging adjustment for some participants. One participant did note that they asked their coach to push them harder on goals.

Openness, Transparency and Relationships

"I feel like we connect on another level too. Not just coach and mentor. It's like we share the same kind of, like, background and, like, family issues. And so, she gives me guidance on how to go about certain situations."

"I just want this to be a real relationship. I don't want to have walls up. I want to be able to share, like, all aspects of my life with you and not treat you as a coach, but a friend. It's been a good relationship; it's been a growing relationship. And I appreciate it."

Supportive Coaches & Staff

"I feel like I have a lot more support now. Like, you know, because I didn't have a lot of supportive people in my life."

"Oh, the coaching's wonderful. My coach, she's fabulous. She's very supportive. I've applied for several positions that, without her support and go ahead, [I'd go] 'I'm totally not qualified for that!' So, she's just, um, helping me to provide better confidence and self-esteem within myself."

"I never thought I needed a life coach until I had a life coach"

"So, it's like, to have those coaches that you can literally just text at [any time] and they can respond and help you and call. I think that's what makes the program easy, too. Like it's—you literally have guidance through the whole thing."

Goals Achieved: Excerpts from Surveys

Participant Reflections (Group 1):

- *"To be consistent and patient"*
- *"Establish a great life for my son, received notice of a great career opportunity"*
- *"New employment"*
- *"Being able to take care of my child and maintaining my household as well as bills"*
- *"Living independently and locating additional resources to help with stability"*
- *"I've received a few scholarships for school with the extra help and support of my [Families Flourish] coach."*
- *"Getting a safe home for my daughter"*
- *"Securing my own housing, having a coach/mentor, obtaining a higher paid/less stress job"*
- *"I got a new job and back into school."*
- *"Going back to school and providing a safe home and area for my son"*
- *"I have been able to work on my business."*
- *"Financial supportive services and coaching"*

Participant Reflections (Group 2):

- *"Being able to save"*
- *"Being more responsible paying bills"*
- *"Managing money, working on credit"*
- *"I have my GED and I am currently enrolled in a nursing program."*
- *"New place, my kids have a new school, and I'm better financially"*
- *"Learning how to budget"*
- *"Creating a creative space for my son. Also having my own space in a positive neighborhood for me and my child."*
- *"Being more financially organized and knowing where my money goes."*
- *"Save money, budget better, go back to college to pursue a new career"*

Coaching & Improved Economic Conditions

The majority of interview participants noted improved financial conditions since joining the program a year ago, coaching was instrumental in supporting these economic improvements.

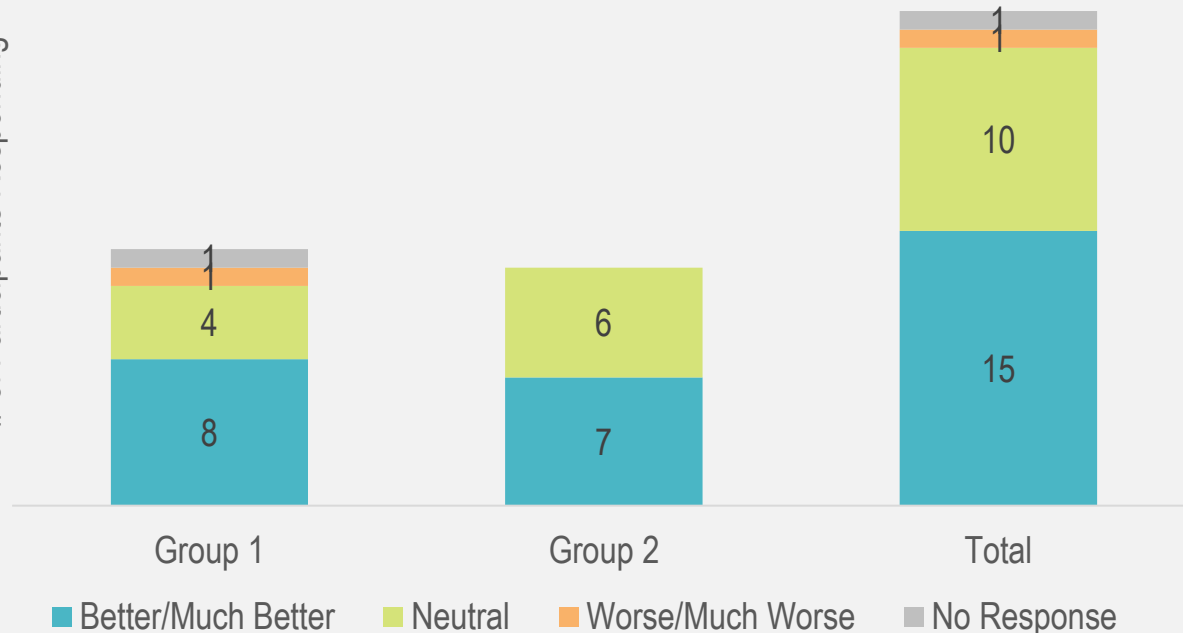
“Yes. I have made some financial strides and accomplished some of my financial goals being in the program because those seeds are planted already. And some things you do know but revisiting them every month or having your life coach bring it up and somebody’s holding you accountable, my financial situation has definitely improved.”

Growth in Family Income

Over half of participants (15 out of 27) stated that their income has improved since joining the program. One participant reported that their income has worsen compared to their income prior to entering the program, while 10 participants reported no significant changes.

How would you describe changes in your income since enrolling in Flourish? (Group 1 N=14; Group 2 N=13)

of Participants Responding



Participant Reflections on the Degree of Changes:

(Group 1)

- *"Tremendously [increased]"*
- *"A lot [increased]"*
- *"Almost 80% [increased]"*
- *"\$20,000 a year increase"*
- *"Better benefits and higher pay rates"*
- *"I am in my career field that I have a passion for. They work with me, and I am very grateful."*

(Group 2)

- *"A good amount I feel independent and able to provide for my child and myself."*
- *"I earned \$10,000 more this past year than the year before. My employment has been the same, but I am getting better shifts."*
- *"I make a few dollars more an hour than what I was making."*
- *"It changed a lot of things. I became more ambitious. I have wonderful people in this program who kept pushing me to do more and reach my goals."*
- *"Increased"*

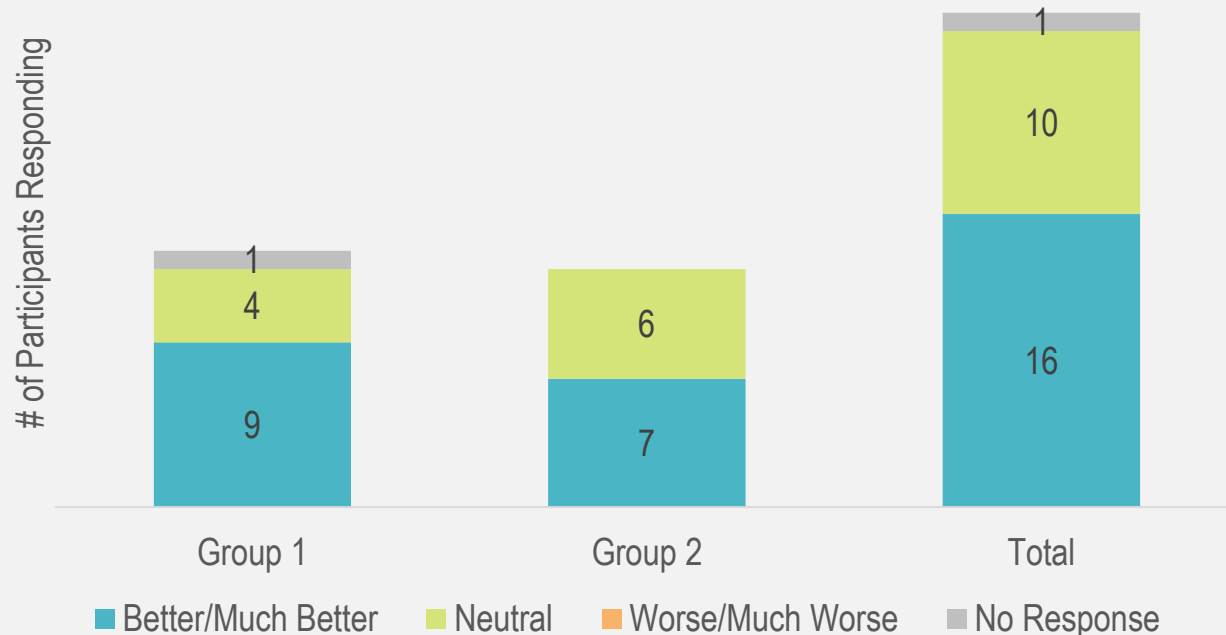
**KNOWLTON
SCHOOL**

ARCHITECTURE
LANDSCAPE ARCHITECTURE
CITY AND REGIONAL PLANNING

Employment Changes

The majority of participants (16 out of 27) stated that their employment has improved since relocating, while ten participants reported that their employment has not changed significantly. Six participants responded receiving one or more promotions since enrolling in the program. In the last 12 months, 12 reported that they have participated in job or career training, and 15 reported that they have completed additional education such as taking the GED, enrolling in college, or taking classes to learn a new skill. It is important to note that seven participants reported participating in training as well as completing additional education.

How would you describe changes in your employment since relocating? (Group 1 N=14; Group 2 N=13)



Participant Reflections:

(Group 1)

- *"Termination and in need of second job"*
- *"Starting back doing my business"*
- *"Better opportunity"*
- *"Better pay"*
- *"Previous job was too stressful and too much travel"*

(Group 2)

- *"Better opportunity and work from home"*
- *"Found a better job at a hospital close to my house"*
- *"I started my CNA program and started working in nursing home."*
- *"Received a promotion"*
- *"More money"*
- *"Bus driver"*

Participant Voices: Interview Reflections

Children's Experiences

In interviews, most participants identified positive improvements to their child's wellbeing and smooth transition into their child's new school. Participants emphasized the importance of higher resourced and safer school/neighborhood environments and improved self-confidence and self-esteem for their children.

Changes in Self Confidence & Behavior

"I have seen him just step more into himself and his confidence level has gone up. His attitude was not the best (at his hold school) and he had, like, some—I don't want to call them anger issues because he's a little boy. But, he had, like, responses that were, like, quick tempered and hot. But it was based on, the conditions of the (previous) school and the children that he was around. And he just had to be a certain way (in that environment). (Now) I'm seeing that he's softer. He's more, he's confident, but he's softer. Like, he's being more of a bubbly little boy versus a hardcore, "I've got an attitude problem" little boy, if you understand what I'm saying? He's softer."

Better School Resources & Safer Environments

"And she has therapy at her school. She has a therapist at her school. She has, like, an emotional support animal at her school. So, she has all that."

"I did have a meeting with all the 3rd grade teachers, the school counselor. So, they have embraced him. They set him up quickly with intervention services that he was going to need because he was behind."

"He loves our neighborhood. So, this morning when I was getting ready, I was just thinking about some of the little things—we never had the opportunity to walk to school before....But now, he's able to walk across the street and play with friends. He's able to bike ride. He's able to walk to school and that's just something that we didn't have before."

"He does like his school. It's not a bad school where I feel like I have to fend for him and his safety and stuff like that."

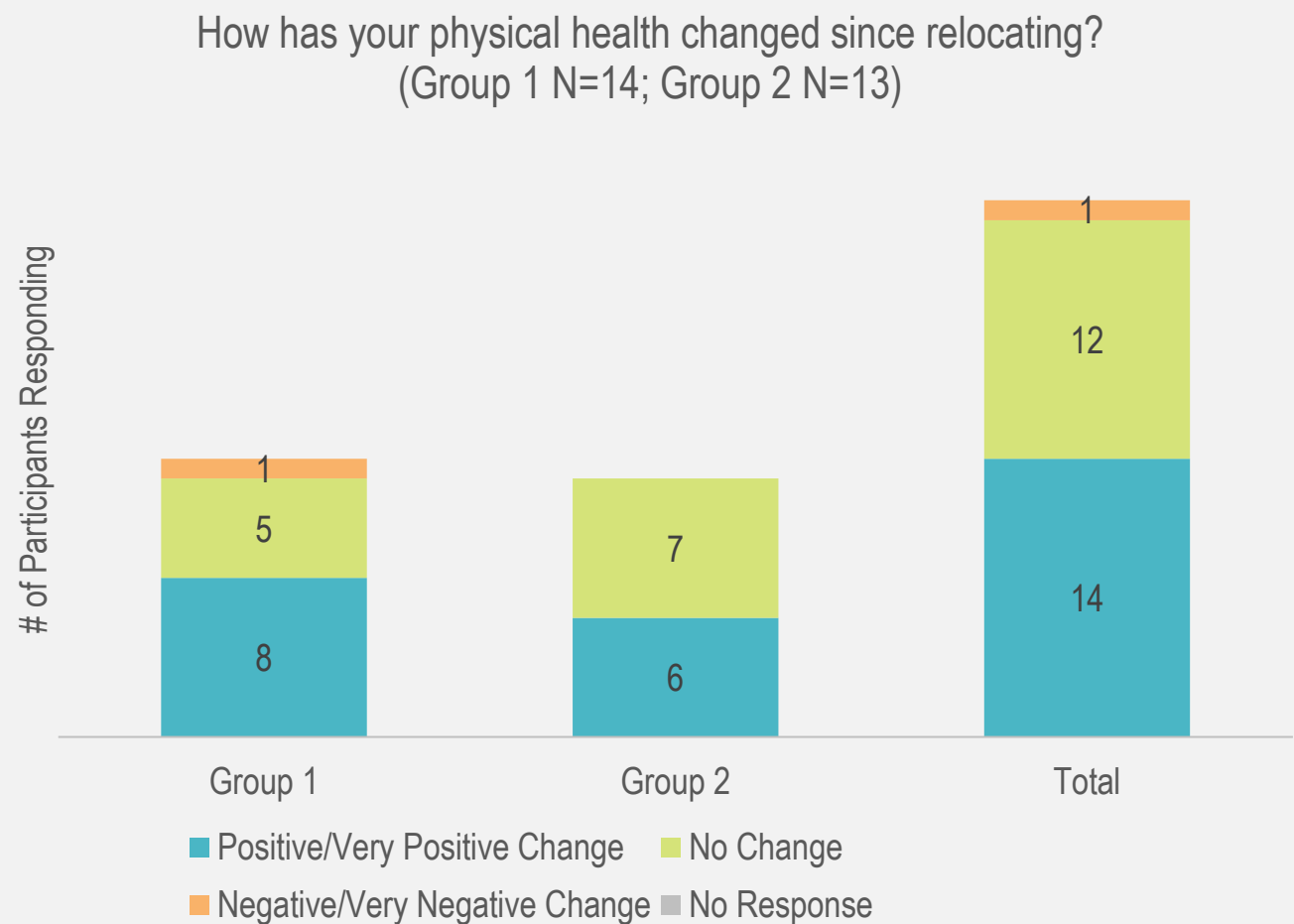


REFLECTING ON HEALTH OUTCOMES

FAMILIES FLOURISH

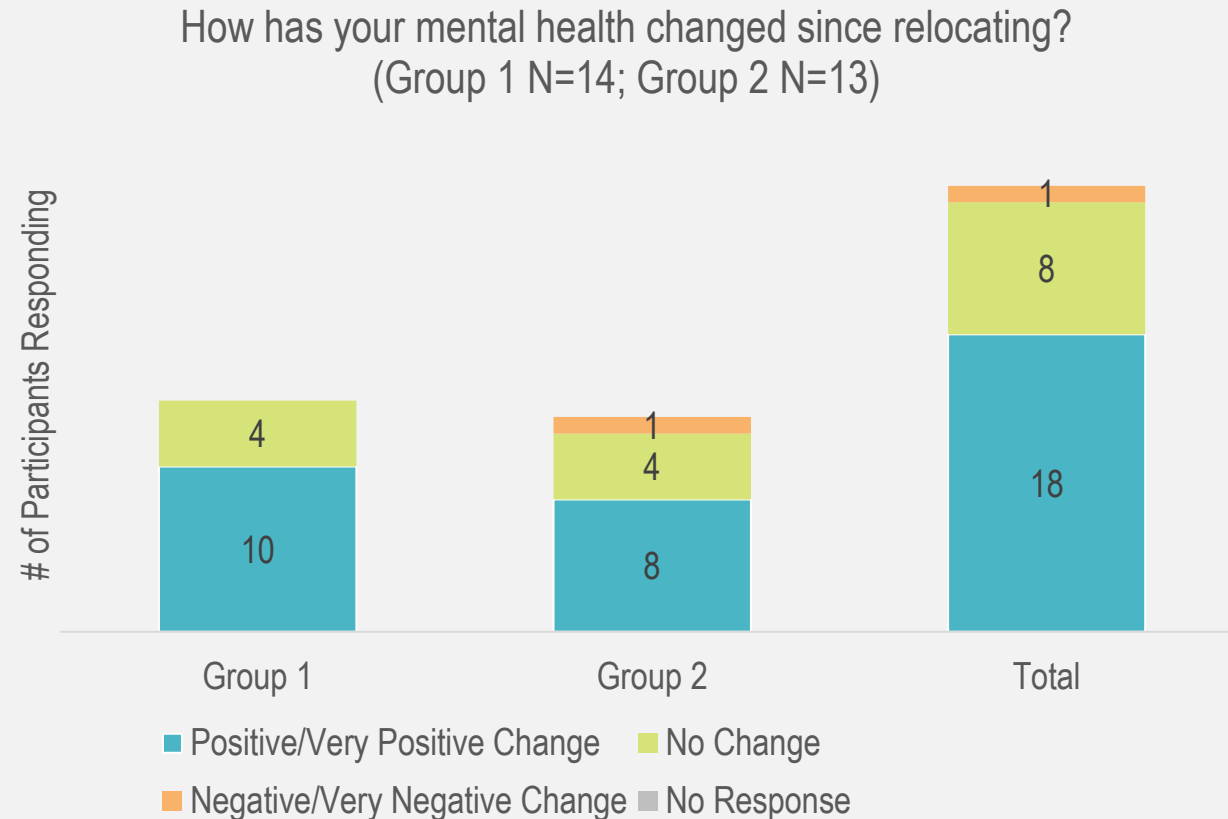
Changes in Participant Physical Health

Fourteen out of 27 participants reported improvements in their physical health since relocating, while 12 participants noted no changes. One participant reported negative changes in their physical health.



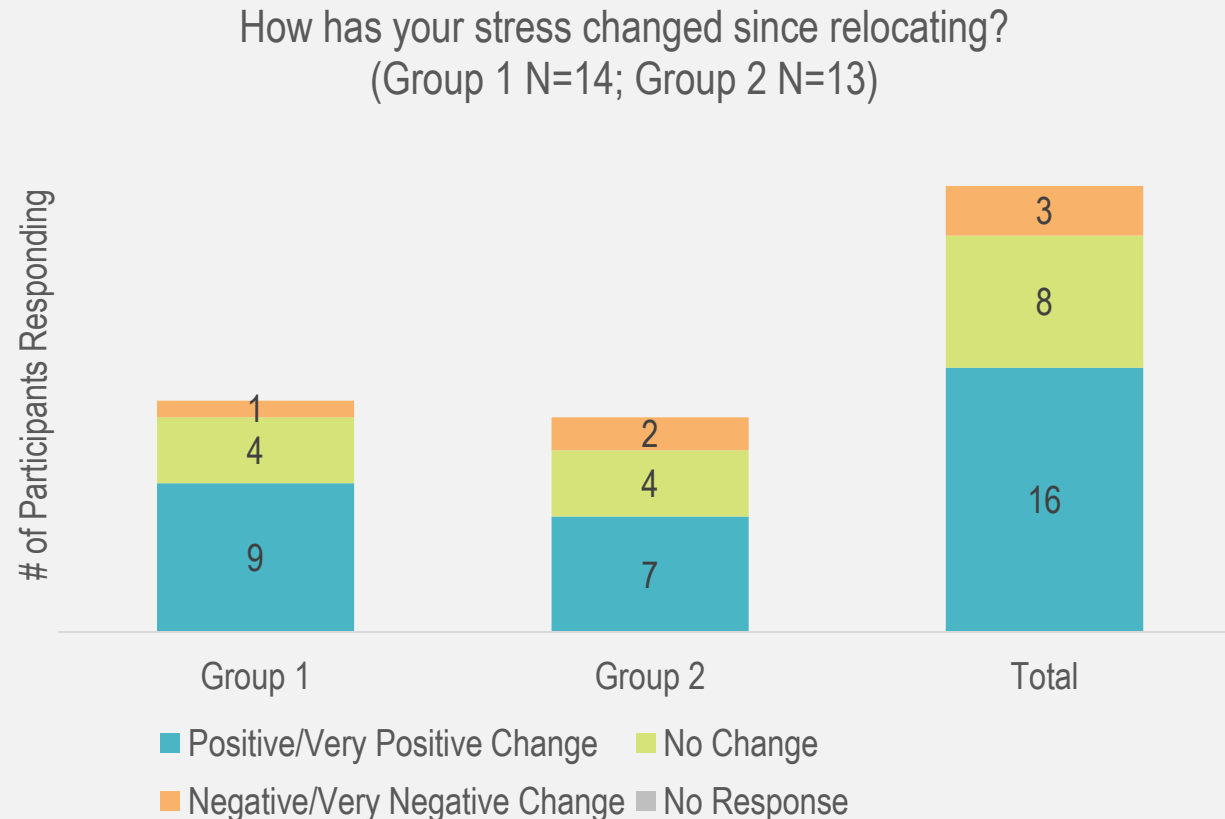
Changes in Participant Mental Health

The majority of participants (18 out of 27) reported improvements in their mental health since relocating, while eight participants noted no changes. One participant reported negative changes in their mental health.



Change in Experiencing Stress

The majority of participants (16 out of 27) reported a positive or very positive change in their levels of stress since relocating, while eight participants noted no changes. Three participants indicated a negative change in their stress levels.



Anxiety and Stress from Housing Insecurity

“Definitely [improved], and I think lack of sleep really played into my mental health just because I was feeling very anxious and very just edge all the time. I’ve never could very relax and another fact is my ability to really have clear thinking and make better decisions...I was nerves, anxious and worried about my kids, you know, it’s just horrible.”

Reflections on Health: Exposure to Trauma and Fear of Violence

“Someone was shot and killed right in front of my window the same way my kids walk to and from school every single day. Even now I get emotional thinking about it everyday.”

“I recall about where we used to live is how it wasn’t unusual to hear sirens and sometimes gun shots, we didn’t go outside at all. Didn’t play with neighbor kids.”



From the Pilot Program (10 Families):
Children, in the first 18 months in their newer, healthier
homes have had...

20

FEWER EMERGENCY ROOM
VISITS PER YEAR

RESULTING IN

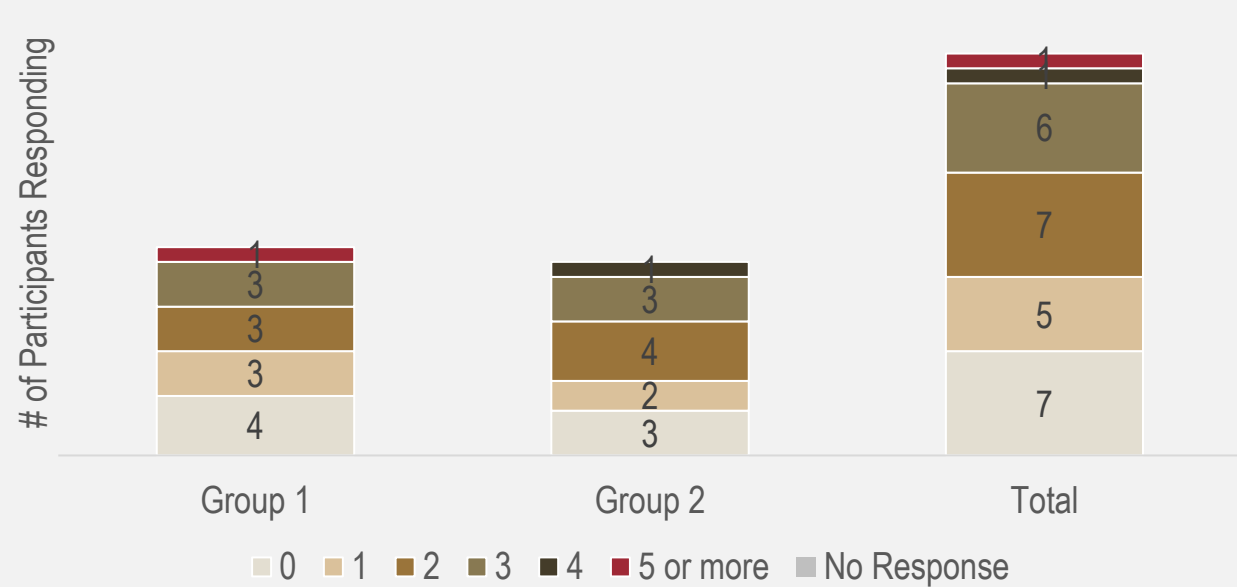
\$ 30,000

ANNUAL HEALTHCARE
SAVINGS

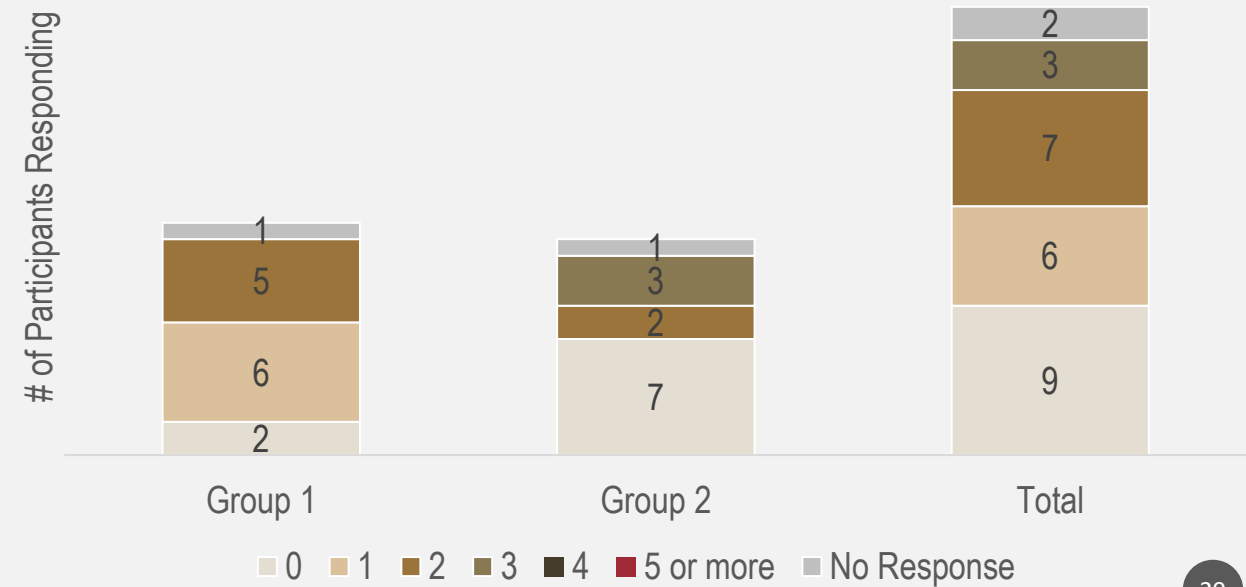
Health Care Utilization: Emergency Room Usage

Since relocationg, participants and their family members are less likely to utilize emergency room (ER) services. While eight participants reported utilizing the ER three or more times a year in their old residence, only three participants have done so since relocation. Additionally, the number of participants who utilized the ER once or less since relocation increased from 12 to 15 out of 27 participants. Three participants mentioned asthma as the cause of their ER visit during the year before the move, while one participant noted asthma as the reason since the move.

During the last year of living in your old residence, how many times had you or a member of your household been to the emergency room for medical care?
(Group 1 N=14; Group 2 N=13)



Since moving, how many times have you or a member of your household been to the emergency room for medical care?
(Group 1 N=14; Group 2 N=13)



Reflections on Health: Benefits of a Healthy Home

“We (previously) moved to the north side, it was bad, he (my son) has asthma, they didn’t fix anything, full of mold, the basement would flood, the stairs were broken and were hazardous to the baby especially...but it was only \$500 a month, but there was not much I could do.”

Participant Voices: Interview Reflections

Changes to Physical and Mental Health

In interviews, several participants noted improved physical health and the majority of participants noted improvements in mental health. Reduction of chronic stress was the primary factor leading to improved mental health.

Physical Health Improvements

“My physical health as well has improved too, just again, having those conversations about eating better and choosing healthier choices and using our time wisely by walking and things like that. Just planting those seeds, my physical health has gotten better.”

Reduction in Stress

“But, like as far as my stress, it is lower now, I feel like overall I'm doing okay now.”

“Yeah, I totally feel less stress cause’ I don't have to worry about bugs. And like, at my old house, the raccoons kept me up all night cause’ I would just hear them scratching. (I was) trying to bang on the ceiling and it would bang back. And now, I don't have to worry about none of that.”

“Definitely has improved. And that I attribute that, obviously, to a less stressful job, having my own place. I do go to counseling consistently, so all of those things are contributing factors. Physical health is also better.”

Mental Health Improvements

“My mental health has gotten so much better. The environment that I was in was pretty toxic and, you know, it just wasn't a good place to thrive. And I feel like, now, you know, having my own space and just being able to relax in my own space, like, has made a tremendous amount of difference. And it's just so much better than, you know, what it was. So, this program has been such a blessing for me.”

“I'll say my mental health has improved because I'm back in my own space, you know. Living at home, you know, your parents always will be your parents. You know, just so many adults under one roof and just me having a baby, I'm like, “we need our space”. So it was like breathing room. Like, oh my goodness, I could breathe.”

“I would say my mental health has definitely improved. A lot of the things that I'm processing and dealing with mentally are positive or on the positive side now.”

Participant Voices: Interview Reflections

Reflecting on Program Design

Families Flourish is a multi-faceted program, involving program delivery and resources, life coaching, improved housing, and improved neighborhood environments. In interviews, participants were asked about what elements of Flourish were most important to their success in the program. Participants almost universally felt that all of the program components were important to program success. Participants noted the importance of staging in the program design, with the initial move and housing stabilization being critical, but also noting that the sustained coaching and monthly programs were critical to sustaining success.

Housing First

“I mean, you know, obviously, we wanted housing, the housing piece. But I didn't realize how much being a part of this program would bring, you know. Improvement in other areas.”

“So, if I had to say one thing better than the other, it would be the moving because the moving just trickles down to other components of the program.”

Benefits of Integrated Program Elements

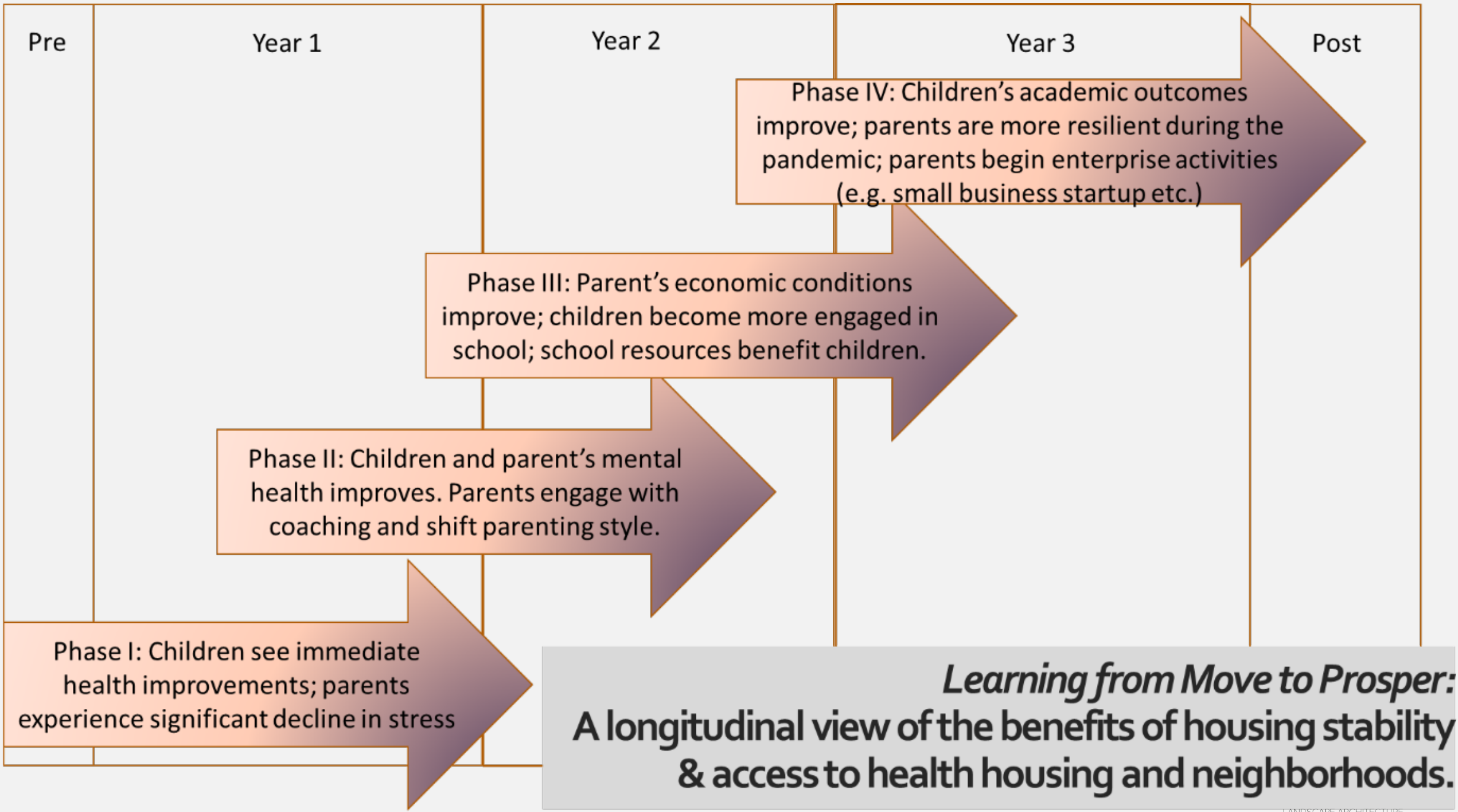
“I do feel like every part of the program is equally important, because I think when you look at the overall goal of just trying to strive and to improve, to move, to uplift, to increase your quality of life, all of these components are necessary.”

“Everything. Yeah. Okay, if the program was missing one of those key components, I'm trying to imagine what life would be like for me.”

“Yeah, really, all of them. They all have benefited me and my children.”

“I don't think that the program would be as substantial if we didn't have the coaching program, because if we didn't have someone that we could reach out to help keep us on track. And just (to make sure) we're going in the right direction. This program would literally fall apart. In a sense, it would be a program where, yeah, you help these young ladies get off to a good start, and then you take the training wheels off and they're just crashing. And so, I'm very grateful for the coaching program.”

**KNOWLTON
SCHOOL**





Thank you!

For more information about the Families Flourish program, please visit: <https://familiesflourish.org/>